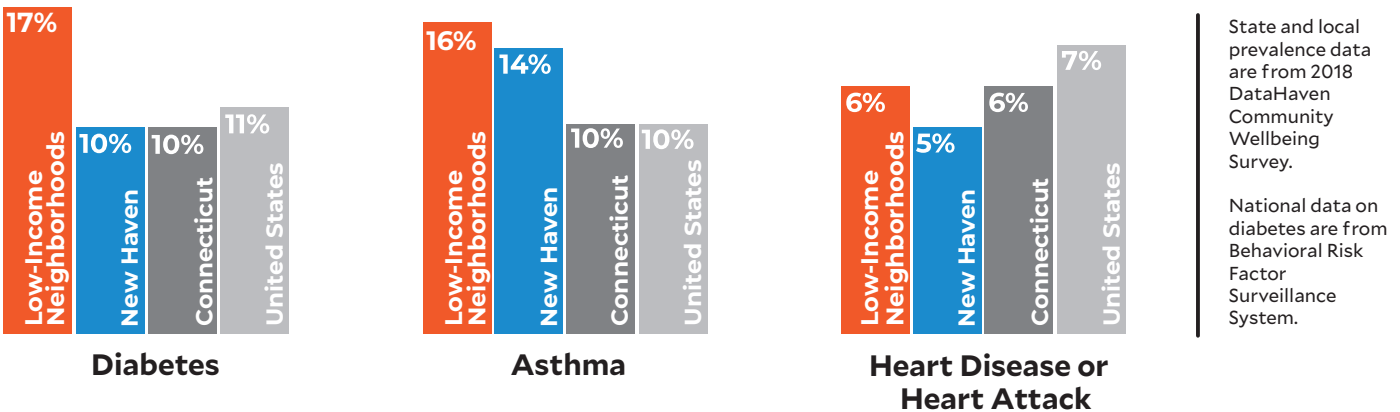# 2018 COMMUNITY WELLBEING SURVEY:
HEALTH IN NEW HAVEN

DataHaven led the Community Wellbeing Survey in 2018, conducting live, in-depth interviews with over 16,000 randomly-selected adults statewide, including 1,001 in the city of New Haven. The Community Alliance for Research and Engagement (CARE), co-housed at Southern Connecticut State University and Yale School of Public Health, has teamed up with Data Haven to produce this report about the status of health in the New Haven community. The 2019 findings reveal that we continue to face many challenges to health and well-being in our city, particularly among low-income populations and communities of color.
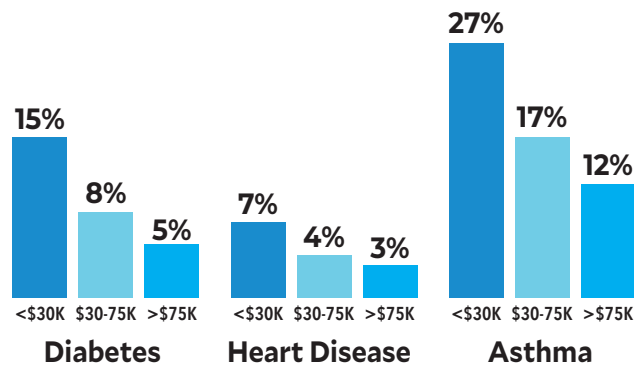
CHRONIC DISEASE 2018:

HEALTH IN CONTEXT

In New Haven, residents are at higher risk for chronic disease and poorer health, compared to Connecticut and the United States. Chronic diseases are health conditions that go on for a long time and often don't go away completely and are among the most common and costly health problems.

Diabetes
- Low-Income Neighborhoods: 17%
- New Haven: 10%
- Connecticut: 10%
- United States: 11%

Asthma
- Low-Income Neighborhoods: 16%
- New Haven: 14%
- Connecticut: 10%
- United States: 10%

Heart Disease or Heart Attack
- Low-Income Neighborhoods: 6%
- New Haven: 5%
- Connecticut: 6%
- United States: 7%

State and local prevalence data are from 2018 DataHaven Community Wellbeing Survey.

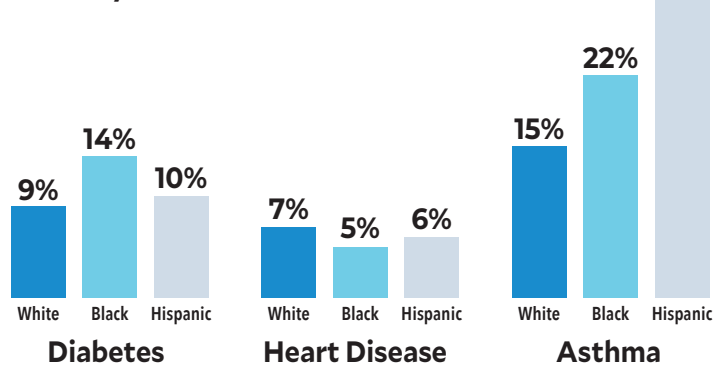National data on diabetes are from Behavioral Risk Factor Surveillance System.

HEALTH, WEALTH, & RACE

Health challenges—referred to as health disparities—are most striking in our low-income neighborhoods of Dixwell, Dwight, Fair Haven, Hill, Newhallville, and West Rock. Residents who are Black or Hispanic, and those who are living with an income below $30k have a higher rate of chronic diseases, such as asthma, diabetes, heart disease and overweight/obesity.

INCOME & HEALTH

Diabetes
- <$30K: 15%
- $30-75K: 8%
- >$75K: 5%

Heart Disease
- <$30K: 7%
- $30-75K: 4%
- >$75K: 3%

Asthma
- <$30K: 27%
- $30-75K: 17%
- >$75K: 12%

RACE/ETHNICITY & HEALTH

Diabetes
- White: 9%
- Black: 14%
- Hispanic: 10%

Heart Disease
- White: 7%
- Black: 5%
- Hispanic: 6%

Asthma
- White: 15%
- Black: 22%
- Hispanic: 30%

The Community Wellbeing Survey data reveals the stark differences in health that exist in New Haven, especially when we compare low-income areas to high-income areas.

Low-income areas include: Dixwell, Dwight, Fair Haven, Hill, Newhallville, & West Rock.

High-income areas include: East Rock, Westville, & Morris Cove.

(1) Our overall well-being is affected by both our physical and mental health. As with physical health, mental health is worsened by the stress of living in poverty.

(2) Poor health is often associated with lower income. Struggling financially makes it harder to eat healthy due to an inability to afford or access healthy foods.

(3) The conditions of our neighborhoods influence our health. Depending on where we live, our health may be negatively affected by feelings of safety and access to parks.

MENTAL HEALTH (1)

UNHAPPY
20%
of residents living in low-income areas report being not at all happy, or only a little bit happy the prior day, compared to only **7% of residents in high-income areas.**

ANXIETY
8%
of residents living in low-income areas report being completely anxious the prior day compared to **5% of residents in high-income areas.**

FOOD ACCESS (2)

INSECURITY
27%
of residents living in low-income areas report not having enough money to buy food compared to **9% of residents in high-income areas.**

AVAILABILITY
51%
of residents living in low-income areas say availability of affordable, high quality fruits & vegetables is excellent or good compared to **71% of residents in high-income areas.**

NEIGHBORHOOD & SAFETY (3)

UNSAFE AT NIGHT
59%
of residents living in low-income areas feel unsafe to walk in the neighborhood at night compared to **40% of residents in high-income areas.**

RAISING CHILDREN
35%
of residents living in low-income areas say area is excellent or good place to raise children compared to **57% of residents in high-income areas.**

PARK CONDITIONS
47%
of residents living in low-income areas say parks in their area are in excellent or good condition compared to **64% of residents in high-income areas**.

PARK ACCESS
70%
of residents living in low-income areas agree their neighborhood has several free or low cost parks or recreation facilities compared to **85% of residents in high-income areas.**

JOB OF POLICE
45%
of residents living in low-income areas say job done by police to keep people safe is excellent or good compared to **58% of residents in high-income areas.**

CARE
Community Alliance for Research and Engagement

DataHaven